

**“applied neurosciences  
in sports & exercise”  
international summerschool  
for BA-students**

**27<sup>th</sup> – 31<sup>st</sup>  
of August**

**Place**

Department of Exercise & Health;  
Faculty of Science – Paderborn University

**Course language**

English

**Participants**

Participants are expected to be BA students in their second or third year in the field of sport sciences, neurosciences & sports or health & sports. The number of students will be 12 including participants from various countries and cultures.

**Lectures**

Jochen Baumeister, Katrin Hemschemeier, Rasmus Jakobsmeier, Kirsten Reinecke, Claus Reinsberger, Julia Ströhlein, Franziska van den Bongard, Solveig Vieluf

**Guest lectures**

Experts in applied training, therapy & science

**Course fee**

150 € / participant

The course fee covers participation in the course including lunch, coffee breaks and dinnertalk. Travel and accommodation have to be paid by the participants. We can offer a free accommodation program in Paderborn's youth hostel for our international participants (donation from Sparkasse Paderborn).

**Certification**

A certificate of attendance will be delivered to each participant.

**Call for application**

Please send your Short CV, a letter of motivation and your transcript of records as .pdf via E-Mail to: [reinecke@sportmed.upb.de](mailto:reinecke@sportmed.upb.de)

**Deadline: April 15<sup>th</sup>, 2018**

Applicants will be informed of their acceptance until May 15<sup>th</sup>.

**Contact**

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**brain@sports  
summerschool  
2018**

**Aims and topics**

The summerschool aims to approach neuroscientific relevance in sports and exercise settings. The exclusive fields refer to “therapy of neurological and neurodegenerative diseases or injuries” as well as “training and performance development”. In different workshops participants get the chance to work with common and novel neuroscientific methods in the related fields (EEG, ANS diagnostics, vHIT, King-Devick, VSR Sport). In addition to a scientific based knowledge all contents are conveyed and discussed with strong emphasis to application and occupational relevance. Furthermore, you get a good insight into the international M. Sc. “Applied Neurosciences in Sports & Exercise” (ANSE), started at Paderborn University in 2017.

**Organization and program**

Incubation-Lessons show areas of application, important questions, new approaches, problems and future research directions. In State of the Art-Lectures experts will address current trends and major issues in the field. Experts will also be available for discussions and individual supervision in Transfer-Lessons. In addition, there will be Workshops for knowledge transfer and with practical relevance and Tutorials in learning by doing, strategies of research and discussions on relevant themes. All students will have the opportunity to be creative in developing and presenting their own project idea and get feedback from experts and other students.

Out of lessons we enjoy a whole host of organized evening activities including sports, challenges, dinnertalk and more ...

# SCHEDULE 2018

	<b>MO (incubation)</b>	<b>TU (methods)</b>	<b>WE (therapy)</b>	<b>TH (performance)</b>	<b>FR (ideas &amp; projects)</b>
8:00 – 9:30	welcome & opening	state of the art electroencephalography diagnostics (EEG) in sports medicine	update neurodiseases / neuro- logical disorders & sport	update neurosciences in training & performance	incubation neuroscientific career in sports & exercise
9:30 – 10:00			BREAK		
10:00 – 11:30	incubation	methods collecting and analysing data EEG	transfer meeting experts – applied sports therapy	transfer meeting experts – sports & training	being creative I project- / research ideas
11:30 – 12:30			BREAK		
12:30 – 14:30	update neuroanatomy & clinic (focus concussion)  state of the art concussion in sports	state of the art autonomous nervous system (ANS) in sports medicine	workshop sports therapy	workshop ANS, EEG, vHIT	being creative II developing study designs
14:30 – 15:00			BREAK		
15:00 – 17:00	methods collecting & analysing data concussion	methods collecting & analysing data ANS	workshop ANS, EEG, vHIT	workshop ANS, EEG, vHIT	short presentation presenting & discussing
17:00 – 18:30			BREAK		closing
18:30 – 22:00	guided tour	game night	athletic get together	dinnertalk	



**brain@sports**  
foundation



*"The brain@sports  
summerschool changed my life.  
After finishing my bachelor's degree in  
education in Mainz (Germany), I am now  
a student in the master program "Applied  
Neurosciences in Sports & Exercise" at  
Paderborn University. Changing the world by  
creating sports programs, e. g. for children  
with epilepsy, would make my dream  
a reality."  
Jana Bouvain,  
ANSE student & participant in  
b@s summerschool 2017*